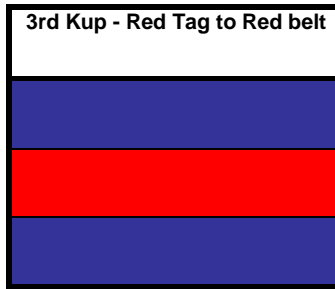


3rd Kup Theory



All previous theory and techniques plus:

Toi-Gye Tul 37 moves

Toi-Gye (1501-1570A.D.) is the pen name of the noted scholar Yi Hwang (16th century A.D.) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, and the diagram (±) represents "scholar".

The Meaning of the Colour Red

Red represents danger cautioning the student to exercise control and warning the opponent to stay away.

New Terms

- Upset fingertip thrust = Dwijibun Sonkutt Tulgi
- X-Fist low pressing block = Kyocha Joomuk Najunde Noollo Makgi
- Double side elbow strike = Doo Yop Palkup Taerigi
- W shape block = San Makgi
- Outer forearm W shape block = Bakkat Palmok San Makgi
- Double forearm low pushing block = Dool Palmok Najunde Miro Makgi
- Knee kick = Moorup Chagi
- Flat fingertip thrust = Opum Sonkutt Tulgi
- Low knife-hand guarding block = Najunde Sonkal Daebi Makgi
- Grab = Jappgi
- Jumping = Twigi
- Jump side piercing kick = Twigi Yop Cha Jirugi

Part of use (kicking tool) for a jump side piercing kick:

Foot-sword = Balkal

THE 3 SONKUTS...

FINGERTIP THRUST	SONKUT TULGI
Straight Fingertip Thrust	S un Sonkat Tulgi
Flat Fingertip Thrust	O pun Sonkut Tulgi
Upset Fingertip Thrust	D wijibun Sonkut Tulgi

NOTE: To remember, you can use the mnemonic... **S.O.D**

PALKUPS...

STRIKES USING ELBOW	PALKUP TAERIGI
Front Elbow	Ap Palkup
Side Elbow	Yop Palkup
Back Elbow	Dwit Palkup
Downward Elbow	Naeryo Palkup
Upper Elbow	Wi Palkup

Do not confuse Toi-Gye (Yi Hwang) with Yul-Gok (Yi I) both were scholars, but Toi-Gye was the elder and Yul-Gok went and studied under him during one phase of his learning, eventually rejecting Toi-Gye's way of thinking and developing his own.